

ABSTRACT OF THE DISCLOSURE

The invention discloses a method for microscopy in which a specimen is illuminated with pulsed illuminating light that comprises light from a spectral region, and detection light proceeding from the specimen is detected in a detection spectral region. The method is characterized in that the detection spectral region lies within the spectral region, and that the illuminating light contains no light from the detection spectral region or at least none having the same polarization properties. A microscope is additionally disclosed.